perplexity

Step-by-Step Guide to Performing the Olympic Nanquan Form

Nanquan (Southern Fist) is a dynamic Wushu style featured in the Olympics and international competition. The modern Olympic Nanquan form emphasizes strong stances, explosive power, and precise hand techniques. Here's a structured, step-by-step approach to learning a foundational Nanquan routine, based on official tutorials and expert recommendations:

1. Warm-Up and Preparation

- Begin with 4–5 minutes of warm-up and stretching to prevent injury and prepare your body for explosive movements[1].

2. Master the Basic Stances and Hand Forms

- **Stances:** Focus on *ma bu* (horse stance), *gong bu* (bow stance), and *xu bu* (empty stance). Southern stances are lower and more rooted than northern styles, emphasizing stability and power[2] [3] [1].
- **Hand Forms:** Learn the *vertical fist* (立拳), ensuring the wrist is straight, the thumb is tucked tightly over the index and middle fingers, and the fist is solid. Practice *flat fist* and *palm push* as well[1].

3. Foundation Routine – Section 1 (Example Breakdown)

Below is a simplified step-by-step for the *Nanquan Foundation Routine No.1* (beginning form), as demonstrated in official IWUF tutorials[4] [1]:

1. **Starting Position**
   - Stand straight, feet together, arms naturally at your sides. Look forward.
2. **Ready Stance**
   - Step forward with your right foot, toes outward, left heel slightly raised, knees slightly bent.
   - Extend both arms forward, then pull back to the right. Form a right fist, placing it in front of your right chest (fist center facing down, knuckles left). Left palm in front of the right fist, palm facing right, fingers up. Look left.
3. **Empty Stance with Punch**
   - Step forward with your left foot, toes down, forming a left empty stance.
   - Execute a right flat punch at shoulder level (knuckles forward, fist center down).
   - Simultaneously push your left palm forward at shoulder height (palm facing forward, fingers up). Look forward.
4. **Retreat and Chamber**
   - Step back with your left foot, then bring your right foot up to close next to the left.

- Both legs straighten. Rotate both arms outward, swing them down and back.
- Transform left palm into a fist; both fists chambered at the waist (fist centers up). Look left.

Keynotes:

- Ensure the right foot is fully grounded when stepping up.
- Center of gravity should be on the right leg during the chamber.
- Hands and feet should move in coordination; practice upper and lower body movements separately before combining[4].

4. Practice Basic Technique Lines

- Drill the 10 essential Nanquan basics: 45-degree ma bu-gong bu transitions, punches, tiger claw blocks, butterfly palms, kicks, overhand smashes, uppercuts, etc. Repeat these lines daily to build explosive power and correct form[2].

5. Combine Movements into the Full Form

- After mastering individual moves, link them smoothly into the full routine, focusing on:
  - Explosive strikes and sharp, clear movements.
  - Strong, stable stances with visible power.
  - Loud, forceful breathing (fajing) to emphasize power[5].

Additional Tips

- **Explosiveness:** Nanquan is judged on the visible force and speed of each movement. Train for quick, powerful bursts rather than slow, sustained strength[2] [5].
- **Breathing:** Coordinate sharp exhalations with strikes for power projection and rhythm[5].
- **Progression:** Start with foundation routines (like the youth compulsory or 5th duan form) before advancing to more complex Olympic routines[2].

Video Resources

- [Nanquan Foundation Routine No.1 – Section 1 (IWUF Wushu Official)][4]
- [Elementary Southern Fist Nanquan Tutorial (Step-by-Step)][1]
- [Nanquan 32 Chapter 01 Breakdown][5]

These resources provide visual demonstrations and further breakdowns of each movement.

Summary Table: Key Steps in Olympic Nanquan Foundation Routine

Step	Action	Key Points
1	Stand straight, arms at sides	Focus, posture

Step	Action	Key Points
2	Right step, arms extend/chamber	Fist/palm positioning, look left
3	Left step, empty stance, punch/push	Punch/palm at shoulder, look front
4	Retreat, chamber fists at waist	Coordination, stance stability

For best results, practice under the supervision of a qualified Wushu coach to ensure proper technique and safety.

⁂

1. https://www.youtube.com/watch?v=-pI8HRaw8eY
2. https://wushuadventures.com/beginning-approach-nanquan-wushu/
3. https://www.youtube.com/watch?v=gvK-TMb-ogM
4. https://www.youtube.com/watch?v=99UTyxly7YQ
5. https://www.youtube.com/watch?v=9aHYhsCFuJQ